

#### DIAMOND FARROW COUNTERS CAMPBELL CLAIM DISH (page 9)



MORE TO LOVE FOOD FUELS JULIA'S JOURNEY







Tuesday, August 10, 2010 www.metronews.ca

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# Council races fill up, but school is out

Many school board ballots have only one candidate as deadline for registration draws near ◆ Annual salary for a city councillor is \$90,767 ◆ School board trustees receive an honorarium of around \$15,000

With one month left to register as a candidate in the Ottawa municipal election, most council races are getting packed, while the majority of school board zones have only two candidates or fewer.

In fact, if the deadline were today, eight

of the 10 zones in the Ottawa Catholic School Board would be acclaimed.

The Ottawa-Carleton District School Board has a few more races. Four out of 12 zones have candidates running unopposed and Zone 9 boasts three candidates. Zone 9 candidate Susan Miller is trying to raise awareness with the general public to put their names forward before Sept. 10

OCDSB vice-chair Pam Morse said, generally, there seems to be lower interest

provincewide in running for school

"I don't think people should go into this looking at it as a stepping stone (to get into politics)," she said. "It is different work."

\*\*TIM WIECLAWSKI\*\*



Liberal Express bus tour on way to Pembroke

Guantanamo

#### Khadr confessions will stand: Judge

◆ Defence argued Canadian defendant's statements were result of torture {page 4}

### No deal with the Devils

Arbitrator upholds rejection of Kovalchuk contract {page 14}





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# Riders air grievances

Bus riders have been frustrated with delays going through downtown and the extended shutdown of the O-Train recently.

Those were just some of the complaints heard at the first of a series of customer appreciation events held at Terry Fox Station in Kanata yesterday morning.

Upbeat music, the Transecure Owl, Mayor Larry O'Brien, coffee and muffins were waiting for bus riders passing through the station. O'Brien and Kanata North Coun. Marianne Wilkinson came out to hear what bus riders thought of the service and to encourage people to sign up to win an annual bus pass or one of five monthly passes.

The customer appreciation days are an annual event to thank riders for taking the bus, said Brigitte Bitar, customer

service events specialist with OC Transpo.

Four more events are taking place at various transit stations around the city over the next two weeks.

The events run from 6:30 a.m. to 9 a.m. at Fallowfield Station tomorrow, South Keys Station Friday, Hurdman Station on Aug. 17 and Place d'Orléans Station Aug. 19.

TIM WIECLAWSKI







News on the move

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Can we make money in a jobless economy? Allan Smalls answers at metronews.ca/ investing



Twitter



# Cellphone blitz nets big numbers

▶ Police are seeing more hands-free devices being used, but drivers continue to talk on the phone



After six months, we still aren't getting the message.

In June, Ottawa police handed out its highest number of tickets for distracted driving since it began cracking down on drivers using hand-held communications devices while behind the wheel.

In total, police charged 377 drivers after they were caught texting, talking on cellphones, and even programming GPS devices while on the road. Several of these charges were laid following serious collisions, Larouche said.

Although the use of hand-held communications devices while driving has been banned in Ontario since Oct. 26, 2009, police here gave drivers a "They pick up their cellphone like they pick up their cup of coffee in the morning. It's what they do. To break these people of this habit is going to take a lot of education."

CONST. KATHY LAROUCHE ON DISTRACTED DRIVERS

three-month grace period to allow for education.

"There's a percentage of people who are not getting the message," said Ottawa police Const. Kathy Larouche.

"The ultimate goal is obviously to see zero infractions," said Larouche. "But it's probably not possible because there's always going to be that small percentage of people."



Const. Kathy Larouche holds a hands-free device outside the Ottawa police headquarters. City police have observed 1,981 distracted driving offences so far this year.

#### **Molotov incident leads to custody**

Ottawa police have taken a person into custody after a Molotov cocktail was thrown at the back of a home in Stittsville on Sunday night.

The fire was extinguished by the time police and fire officials arrived at 12 Meadowland Dr. around 10:30 p.m. It caused only minor damage.

The lone occupant of the house, a 70-year-old grandmother, was not in2 Times a molotov cocktail has been used to start a fire in Ottawa in less than a week. Last Tuesday, one was thrown at a building on Lepage Avenue in the Carlington Area.

jured.

Police believe this is an incident of targeted vandalism.

TIM WIECLAWSKI



happened on their quiet

#### **News in brief**

#### **Burnt house** investigated

FIRE. Ottawa police and firefighters are investigating after a vacant house on Dean Martin Crescent burned to the ground yesterday afternoon.

Fire crews were called to the fire at 1:27 p.m. They arrived to find the abandoned, single-storey wood structure "fully involved," said district chief Monty Malloy.

TRACEY TONG

#### Scholar comes to Carleton

**EDUCATION.** A distinguished scholar from the renowned Fulbright program, Dr. John A. Soares, Jr., comes to Carleton University this

TRACEY TON

#### News in brief



#### Chretien out of hospital

**SURGERY.** Jean Chretien has been released from hospital — just three days after undergoing brain surgery

brain surgery.

The former PM had surgery Friday because of a subdural hematoma, a potentially life-threatening pool of blood between his brain and skull.

THE CANADIAN PRESS

#### Pickton video released

INTERROGATION. In a newly released video, serial killer Robert Pickton stops just short of confessing to the murders of any of the 26 women he was eventually charged with killing. The video of his 11-hour interrogation by police was made public yesterday.

#### Asian flooding toll keeps rising

Rescuers in Zhouqu, China lifted muddy bodies into trucks, and aid convoys choked the road into the remote Chinese town where hundreds died and more than 1,100 were missing from landslides caused by heavy rain that has flooded swaths of Asia and spread misery to millions.

In Pakistan, the United Nations said the government's estimate of 13.8 million people affected by the country's worst-ever floods exceeded the combined total of three recent megadisasters, the 2004 Indian Ocean tsunami, the 2005 Kashmir earthquake and the 2010 Haiti earthquake.

Flooding in China has killed more than 1,100 people this year and caused tens of billions of dollars in damage across 28 provinces and regions.

In Pakistan, two weeks of flooding have killed 1,500. THE ASSOCIATED PRESS

## 2-year Amazon trek ends

After 859 days, thousands of miles and "50,000 mosquito bites," Ed Stafford became the first man known to have walked the entire length of the Amazon river when the waves of the Atlantic Ocean lapped at his feet in northern Brazil yesterday.

Stafford said near the end of his journey that he hoped his feat would raise awareness of destruction to the Amazon rain forest but that at its heart, it was simply a grand expedition of endurance.

Stafford and a British friend began the walk on April 2, 2008, on the southern coast of Peru. Within three months, his pal left. Stafford carried on, walking bits of the route with locals he met along the way. Eventually, Peruvian forestry worker Gadiel "Cho" Sanchez Rivera, 31, decided to make the journey with Stafford to the Atlantic.

HE ASSOCIATED PRESS



# Khadr evidence allowable: Judge

◆ Defence says teen was tortured, threatened ◆ Khadr passes time at trial reading soccer magazine

The judge presiding over Omar Khadr's war-crimes case cleared the way for the trial to proceed by ruling yesterday that confessions the Canadian made can be used as evidence against him.

In making the ruling, Col. Patrick Parrish rejected defence arguments that Khadr's statements were the product of torture.

"The motion to suppress the accused's statements is denied," Parrish said without giving reasons.

The decision ends months of bitter wrangling between defence and prosecution over the confessions and set the stage for the first warcrimes trial under U.S. President Barack Obama.

The rulings also come after Khadr's lawyer formally entered not-guilty pleas on all charges.

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Jury selection was slated for this morning, with opening statements expected to start immediately.

The Toronto-born Khadr, 23, faces five war-crimes charges, including killing an American special forces soldier by throwing a hand grenade in Afghanistan in July 2002 when he was 15 years old.

He was taken to Bagram prison in Afghanistan before being transferred in October 2002 to Guantanamo Bay, where he has been held since.

THE CANADIAN PRESS

# ► Canadian Omar Khadr, left, at his trial in Guantanamo Bay, Cuba.

# Extend stimulus deadline: Cities

Canadian cities are calling on Ottawa to extend its stimulus deadline in response to a report showing up to half a billion dollars of infrastructure funds could go unspent, or dropped on municipalities' laps.

Parliamentary budget officer Kevin Page says many projects in the \$4-billion Infrastructure Stimulus Fund were slow getting off the mark and many are dragging on longer than expected. "If you don't have these projects complete by March 31, 2011, you (municipalities) are on the hook for it," said Page.

#### News in brief

#### Fires double death rate

MOSCOW. The Russian capital's chief health official reportedly says the number of deaths in Moscow is twice as high as usual because of smog suffocating the city from ongoing wildfires nearby.

THE ASSOCIATED PRESS

#### Woman to lead spy agency

VIRGINIA. Until now, the United States has never had a woman lead one of its 16 major intelligence agencies. But yesterday Letitia A. Long, 51, took up her post as director of the National Geospatial-Intelligence Agency in a ceremony at the agency's high-tech campus in Springfield, Virginia.

THE ASSOCIATED PRESS

# HP shares fall after resignation

Shares of Hewlett-Packard Co. tumbled yesterday in the first trading day following CEO Mark Hurd's sudden forced resignation Friday from the world's largest technology company. Hurd stepped down fol-

Hurd stepped down following allegations that he falsified expense reports to conceal a relationship with a former contractor.

HP's shares fell \$3.50, or 7.6 per cent, to \$42.81 in morning trading. The stock has lost more than 16 per cent so far this year. THE ASSOCIATED PRESS

# China closing 'backward' factories

China has ordered 2,087 steel and cement mills and other factories with poor energy efficiency to close as the country struggles to cut waste and improve its battered environment.

The "backward" facilities produce steel, coke, aluminum, and other materials throughout China and must close by late September, the Ministry of Industry and Information Technology announced.

THE ASSOCIATED PRESS

#### **News in brief**

#### Hudon to head Sun Life

INSURANCE. Sun Life Financial Inc., Canada's third-largest insurance company, has appointed former Montreal Board of Trade president and CEO Isabelle Hudon to head the insurer's Quebec operations.

THE CANADIAN PRESS



## GIRLS GONE BRIDAL: IT'S GETTING TIRED

# She says ... **JESSICA** NAPIER

If you are a female in your mid to late 20s and are a relatively social creature, you have undoubtedly been invited to a bachelorette party this year.

uring this unavoidable rite-of-passage, a group of smart and interesting ladies will douse themselves in body glitter, throw on pink plumed feather boas and transform into a

screeching gaggle of drunkards. A couple of weeks ago, I was invited to such an evening to celebrate the nuptials of a friend of a friend. I reluctantly agreed.

In my experience, almost every bachelorette party (including the one I attended that night) goes a little something like this: Gather

a group of 15 of your closest (willing) girlfriends, pile into a stretch Hummer limousine and cruise through the downtown while screaming "woohoo" out of the

sunroof en route to your nightclub of choice. The bride-to-be

inevitably selects a typically trendy venue for her sayonara to singlehood where her eager friends will endure a long lineup and an outrageous cover charge all in the name of friendship. Once drinks are in

hand, the bridal party will sashay to the dance floor where they are immediately surrounded by cologne-soaked predators who en-

circle their prey, instinctively drawn to the glittering gems on their bedazzled tank tops. After midnight, the bride pass-

es off her stilettos to an inebriated

bridesmaid and climbs barefoot atop a nearby table. She begins to belt out a sloppy rendition of Pour Some Sugar on Me before clumsily falling down and being escorted out of the bar by her entourage for a late-night slice of pizza.

In case you were wondering,

bachelorette parties in the suburbs are not that much

Last year, I hosted a

bachelorette-themed girl's night in honour of a newly married friend. I served the requisite fruity martinis with novelty penis straws, baked phallic-shaped pastries for party guests to nibble on suggestively and even designed customized bachelorette drinking games.

Later on in the evening, I cringed while watching a partially nude 30-something man with a questionable spray-tan gyrate around my parent's living room (sorry Mom — I swear he didn't touch the furniture) while my girlfriends emitted high-pitched screams of laughter. I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as "klassy," but after his hour-long sexy-officer-of-thelaw routine, I vowed never to host such a party again.

#### Cartoon

#### An exercise in trust

"I'm not sure

what I was

expecting when

we ordered an

exotic male

dancer from a

company that

referred to its

entertainment

as 'klassy.'"



# Worth

mentioning

In a historic first for Cold War adversaries, U.S., Canadian and Russian military officers directed fighter jets and ground controllers to test how well they could track an international terrorist hijacking over the Pacific Ocean.

A chartered American jet code-named Fencing 1220 sent a mock distress signal shortly after taking off from Anchorage, Alaska, on Sunday, triggering a pursuit by at least seven fighters and a flurry of radio and telephone calls bemilitary tween civilian officials on both sides of the Pacific. Their goal: To ensure



that two militaries still distrustful of each other can work effectively tackling a terror threat that worries both nations.

Canadian Forces Col. Todd Balfe acknowledged it may seem "incongruous" that the exercise took place amid tension between his country and Russia over recent Russian bomber flights probing

the northern boundaries of Canadian airspace. But with al-Qaida at the front of North American minds and Russia dealing with from Chechen threats rebels, terrorism tran-scends national boundaries, and exercises like this could lay the foundation for co-operating on other issues as well, Balfe said. THE ASSOCIATED PRESS

What's the better pet - dogs or cats? ottawaletters @metronews.ca

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#### **Metro Minute** at the museum

The grand sight of the Parliament buildings is something even the most jaded city resident doesn't easily tire of, but everyone needs a fresh perspective once in a while.

Head across the river for a different vantage point, and while you're in Gatineau, check out what our closest neighbour has to offer.

The Canadian Museum of Civilization's The Horse - which explores exhibit the relationship between horses and humans and how the animal has influenced civilization in areas including warfare, trade, transportation, agriculture and sports scheduled to run through early 2011.



# scene

# Food fuels Julia's emotional journey

◆ Actress put on the pounds for Eat Pray Love ◆ Director Ryan Murphy shot movie in chronological order



Julia Roberts wants to clear up one thing about the making of Eat Pray Love.

Director Ryan Murphy has been telling folks his lead actress put on 10 pounds during production — specifically during the food-heavy Italian leg of their around-the-world trip — but Roberts insists that's an exaggeration.

"Ryan keeps telling people I put on 10 pounds. It was a little less than that," she tells Metro. "But I loved every pound. And everybody says, 'Oh, it's going to drop right off in India,' but I didn't get that memo. That did not happen."

To properly recreate Liz Gilbert's journey of self-discovery from her home in New York to Rome, India and Bali, Murphy and Roberts set out to shoot Eat Pray Love in order, something most movies can't do. "For me, it was a great luxury to shoot it in chronological order," Roberts says. "It was almost a necessity of emotional evolution. And you can't start any movie in Bali and then leave."

The role also proved to be an intense internal journey for Roberts. "This was one of the first situations I'd been in that did call for a lot of emotional availabili-

"They did go to great, elaborate pains to make amazing food that I had to eat endlessly in the heat." JULIA ROBERTS

ty," she admits.

The actress, now happily married with three young children, found her own family a comfort during the soul-searching shoot. "It was definitely great to have a fulfilled sense of my own life, and to be playing some of these scenes and come home at the end of the day and say, 'OK, good. Everybody's here, we're good."

Not surprisingly, though, the conversation keeps coming back to the food.

The memory that stands out the most for Roberts happened in Rome. "We went to Naples to where she had eaten that pizza and got there at eight in the morning, sat down to shoot and proceeded to start my day with eight entire slices of pizza in 45 minutes, Roberts says. "So the deli-ciousness of something wears a tiny bit after piece seven just because you're speed-eating. But that scene in particular I sort of relished just wolfing it down. And I would eat an entire slice in a take. I don't know why I thought that was a great idea.







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the latest highprofile pitchman
for the skin-care
product Proactiv.
Bieber joins the
likes of Jessica
Simpson, Avril
Lavigne and
Mandy Moore in
promoting the
product.

THE CANADIAN PRESS



parole for sixth time, Yoko says he's still a threat

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#### **Couple** chemistry

**Date Night** Genre: Comedy Director: Shaun Levy Stars: Steve Carell, Tina Fey

The chemistry between Steve Carell and Tina Fev is the only remotely believable thing about this action comedy, which defies all laws of logic and physics.

But it's the most important thing.

Watching Carell and Fey as a "boring couple from New Jersey" who turn Manhattan upside down makes you wonder why it's taken so long to

bring these two gifted comics together. They click like a flamenco dancer's heels

They're mistaken for the prey of a New York mobster (Ray Liotta). Nobody is listening to any explanations as they attempt to make their way home to white-picketfence suburbia.

This is the kind of movie that used to be called "madcap," back in the good ol' days when all you needed for a hit were great leads, strong cameos and non-stop frantic fun.

Date Night kicks it up an extra notch, adding in 21st century paranoia where nobody wants to

trust anybody

Mark Wahlberg satirizes his beefcake image by playing a shirtless playboy who also happens to be an military-trained identity sleuth.

There are also strong comic turns by Kristen Wiig as Claire's nutty friend, Taraji P. Henson as a querulous NYPD cop, William Fichtner as a dubious Manhattan D.A. and James Franco and Mila Kunis as iunkies whose love makes no sense at all. Just like the movie.

Extras include gag reel, deleted and extended scenes and commentary by director Shawn Levy

A PETER HOWELL

**Death At A Funeral** Genre: Comedy Director: Neil LaBute Stars: Chris Rock

The occasionally brilliant Neil LaBute directs this Hollywood redo of a modestly mirthful 2007 Brit farce (alas, the toilet jokes remain). Plot tweaks are minimal, and one key actor returns: Peter Dinklage reprises the role of an unwelcome funeral guest.

There is method to the Pond-hopping madness, which shifts from England to California and from stiff-upper-lip actors to mostly African-American comedians, led by Chris Rock at his most restrained and acerbic. Timing and delivery are paramount in comedy, all the more so when the material is as daft as this.

Rock is Aaron, eldest son of a Pasadena family that has just lost its patri-arch. If it's not enough to be mourning his dad, Aaron also has to cope with an incompetent mortician, an ovulating spouse (Regina Hall), an hysterical mother (Loretta Devine) and a showboating younger brother (Martin Lawrence).

Danny Glover gamely takes the role of the incontinent uncle in the wheelchair, a man of foul temper and fouler bathroom habits. Tracy Morgan once again plays the moron. Avatar's Zoë Saldana is the straight woman, niece to the de-



ceased.

On the vanilla side of the comedy ledger, there's James Marsden as a guest who accidentally trips on acid (he's the movie's welcome scene-stealer), a gone-toseed Luke Wilson as an obnoxious ex-boyfriend and the aforementioned Dinklage, once again nimbly playing the role of the highly unwanted attendee.

LaBute's American take busts out, giving the comics room to improvise and providing some life to the proceedings. It's fun to watch Rock in a role originally given to an uptight Brit, while Glover, normally the serious man in his movies, gets to fly his freak flag for a change. Lawrence hits the sweet spot as an aging playboy whose isn't as cool as he thinks he is.

Extras include a commentary by LaBute and Rock plus deleted scenes. OPETER HOWELL

#### Canadian actor Punk'd The Joneses

It seems Demi Moore met an even bigger prankster than her Punk'd star husband Ashton Kutcher on the set of The Joneses, out on DVD today. Canadian actor Ben

Hollingsworth, who plays Moore's son in the tale of a fetching family who seemingly has it all, says star David Duchovny was a major joker behind the

"When you're around him in a scene, vou've always got to watch out for things," Hollingsworth, 25, of Brockville, Ont., said in a recent phone interview from Los Angeles.

"Like, he'll bring a little fart machine on set in the middle of a scene and you'll hear farting sounds and be like, 'Great David, are you four years old? Are you five? Like, what are you doing here?" he added with a laugh.

Hollingsworth eventually turned the tables on the Californication star, who plays the patriarch of a "family" of hired actors that flaunts its hot clothes, gadgets, home and cars as part of a stealth marketing strategy. Amber Heard plays Hollingsworth's

During filming for a bedroom scene involving Duchovny, Hollingsworth secretly subbed in for the female actress who was supposed to sneak up behind him, slip under the sheets and start kissing his THE CANADIAN PRESS back



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# Lightfoot hits the road

#### Iconic singer-songwriter announces Ontario tour dates

Iconic folk singer-songwriter Gordon Lightfoot has announced two weeks of shows in Ontario next year and is planning a more extensive tour.

Lightfoot will perform next May in Windsor, Cornwall, Brockville, Napanee and then play four

nights at Toronto's Massey Hall. A spokeswoman for the venue says Lightfoot has done more solo gigs at Massey Hall than any other performer.

Tickets for the tour range from \$40 to \$90.

Lightfoot will also make

ance on the Late Show with David Letterman on Oct. 8. Lightfoot has won 15 Junos and five Grammys in his career and has been inducted into the Canadian Music Hall of Fame and Canadian Songwriters Hall of Fame.







#### Maggie Q shooting new series in Toronto

Actress Maggie Q leaves her trailer on the set of Nikita in Toronto yesterday. The Mission: Impossible III star is in the city until December filming the highly anticipated new series for The CW, which premieres on Sept. 9.

#### **Vampires** take bite out of Teen Choice

Maybe they should switch the name to the Vampire Choice Awards?

Bloodsuckers ruled the Teen Choice Awards. The Twilight Saga commanded Sunday's ceremony with 11 wins, including choice movie fantasy, villain and chemistry.

Meanwhile, the CW's Vampire Diaries sucked up seven surf-board-shaped trophies at

#### **High School Host**

high school days by dressing up as cheerleader, geek, hippie, prom queen and goth.

the taped ceremony, which is scheduled to air Monday at 8 p.m. EDT on

The freewheeling ceremony was punctuated with several silly moments, including George Lopez appearing in drag as an older Kardashian sister and Betty White interrupting Sandra Bullock's acceptance speech for choice movie drama actress.

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# Supermodel bragged about gem, Mia says

• Farrow contradicts Naomi Campbell's assertion that she didn't know diamond was from Liberian president Charles Taylor

Naomi Campbell told Mia Farrow that she received a "huge diamond" from the president former Liberia, the actress said from the witness stand yesterday, contradicting the model's testimony that she didn't know the value of the gift from accused war criminal Charles Tay-

The prosecution called Farrow, and Campbell's agent Carole White, to testify about uncut diamonds that Taylor allegedly gave the model after a September 1997 party they all attended that was hosted by then-South African president Nelson Mandela.

Prosecutors have pulled the celebrity witnesses into Taylor's trial hoping they will show Taylor was in possession of at least one "blood diamond" stones sold to fund wars. Prosecutors say Taylor traded guns to rebels in neighbouring Sierra Leone in exchange for uncut diamonds during Sierra

Leone's 1992-2002 civil war, which left more than 100,000 dead in the West African country.

Campbell, who resisted appearing before the court for months, testified under subpoena Thursday that she was given several small stones by men she didn't know after the dinner in Pretoria. The British model said she hadn't known they were diamonds nor who had sent them, and suggested that Farrow had commented at breakfast the next morning that they were probably diamonds from Taylor.

She testified that Campbell had told other guests over breakfast in 1997 she had received a large gem from Taylor. She Campbell said she

planned to give it to charity – the Nelson Mandela Children's Fund. The defence

lawyer said Farrow's testimony is not credible, given that it contradicts the known



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number of the diamonds and involves events from a single breakfast 13 years

"Either Mia Farrow is lying, for her own reasons, or alternatively she is totally mistaken," Griffiths said. Taylor denies having anything to do with the trade. THE ASSOCIATED PRESS



▶ Lindsay's family is picking up the slack while the actress is locked away in rehab and can't torture people in person

Eleonore joins a long list of employees who have incurred the unseemly demands of the Lohan clan. Back in June, Eleonore quit her job, claiming exhaustion and that she "had enough of Lindsay's demands.'

The Assistant

busy with endless errands and requests. METRO WORLD NEWS

#### **Celebrity tweets**



**Bieber** [@justinbieber] iust heard

Justin

U SMILE on the RADIO!!! WOOOHOOO!!! Thanks to Melissa the girl on the radio who requested!!



here has been no news

METRO WORLD NEWS

#### **Talking points**

#### Perry takes a shot at her ex in new song

YOU OUGHTA 'NO'. Katy Perry is reportedly going after ex-boyfriend and former Gym Class Heroes singer Travis McCoy in a track on her new album, according to Billboard magazine. The song, Circle the Drain, includes lyrics such as: "Thought I was the exception/ I could rewrite vour addiction/ You could have been the greatest/ But you'd rather get wasted. METRO WORLD NEWS



### boy bander Robbie Williams?

After his surprise wedding over the weekend, Robbie Williams is fueling speculation that he and new bride Ayda Field are expecting, according to Ex-

Sources say Williams has invited friends and

family to a second mystery event at Field's mother's house, and that many expect that party to be a baby shower for the new

Also, while celebrating their wedding at his Bev-erly Hills home, Williams

reportedly showed off the latest addition to the house, a "room specifically intended to be a nursery.'

It would be the first child for the former Take That singer.

METRO WORLD NEWS



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O Robert Palmer wasn't far from the truth when he belted out the lyrics to his song, "might as well face it you're addicted to love" in 1986 O An addiction can take any form. Whether it's the high from winning a bid on eBay, doing a line of cocaine or eating a bag of Doritos, addiction is an illness with huge social, mental and physical implications





#### ADDING UP ADDICTION

London based psychotherapist Marisa Peer defines addiction as "anything that moves the brain away from a bad or negative feeling, to a good one." We're not just dealing with substances, but anything that affects the pleasure centres of the brain. Activities such as gambling, shoplifting or online shopping are common addictions.

Peer believes that there is no one theory to explain why one person will be more predisposed to developing an addictive behaviour than another. Metro speaks to addiction experts to find out why some of us

just can't seem to get enough.

#### SUBSTANCE OVER SUBSTANCE

Paul J Kenny, Associate Professor of the Department of Molecular Therapeutics at the Scripps Research Institute in Florida, found that compulsive eating shared the same addictive biochemical mechanism as drug abuse.

For the study he separated a group of rats into three categories, group one had no access to junk food, group two had limited access (one hour a day) and group three unlimited access to anything fatty and high in sugar or salt such as bacon, icing or cake. "Unlimited and extended access to junk food causes a shift in brain activity, leading to compulsive eating

#### If addicted

Whatever it is someone is addicted to, for it to end it must be cut out completely, or abstained from for several months, maybe even years. The best is to transfer this addictive compulsion to something much healthier, such as focusing on living a healthy lifestyle, exercise or work.

habits," explains Kenny. The brain is designed to register pleasure, triggered by both drugs and junk food.

#### THE LESSER OF TWO EVILS

Similarly, Peer observes that refined white sugar and caffeine have the same effect on the pleasure centres of the brain as opium and nicotine. "Sugar, caffeine and dairy are highly addictive," she says.

The thing all these foods have in common is that they have all been chemically refined.

#### **LET'S GET PHYSICAL**

The unsavoury subject of sex is something most addicts are ashamed to speak about, making it that much harder for them to reach out for help.

Dr Drew Pinsky is an

Dr Drew Pinsky is an expert in sex addiction, having appeared on TV shows such as Celebrity Rehab and Oprah.

Recent sex scandals involving celebs have led us to wonder, 'how does one become addicted to sex?'

Pinsky believes emotional or physical abuse as children is something many sex addicts have in common.

#### 'It's the high'

One of Peer's clients is addicted to shoplifting even though, ironically, she is extremely wealthy. "Money isn't the issue, it's the high that comes with it and the adrenaline rush she gets from getting out of the store without being caught, these people are often hoarders, storing piles and piles of things in their homes," explains Peer. "You could put this need to consume down to a feeling of emptiness, a void people need to fill but the same goes for win-ning a gambling bet or a bid on eBay.



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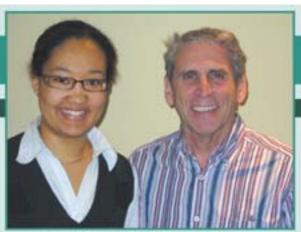
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#### Living the life you always wanted to live



Do you ever feel stuck in your life? The same thing happened to Dr. Susan Biali. At 28, she was beautiful, smart, thin, highly accomplished ... and totally miserable.

Dr. Biali had spent 11 years in university, earned a medical degree, and was working on an emergency medicine residency in Vancouver. These accomplishments pleased others, but not herself. She sank into depression. When she finally took a

break from medicine, she realized what she really wanted to do with her life: flamenco dancing and writing. Sound crazy? So what! After much soul-searching and hard work, Dr. Biali has put her dreams into action: She's now not only a doctor, but also a professional dancer flamenco writer.

"Anything is possible and amazing things hap-



pen when you take small steps that honour a dream or passion," Dr. Biali tells Metro.

She has written a book to inspire others, called Live a Life You Love. It charts seven steps to a healthier, happier and more passionate you.

Her advice? If you want to change your life for the better, don't listen to the non-believers. dream of doing something, go for it," Dr. Biali writes.



#### **YOUR DENTAL HEALTH**

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#### GETTING READY FOR BACK TO SCHOOL YET? WELL, THE HEAT IS ON!

It seems like only vesterday, excited children were celebrating the **end of another school year**. Parents were
scurrying to sign their kids up for summer camps or find other things to

Since that time, we have enjoyed a VFRY hot summer! With the exception of June itself, the heat has been on in Ottawa, and in many other areas all over the world!

It is hard to believe that stores are telling us it is time to get ready for back to school! School supplies and fall clothing are everywhere when you shop. And many of you have probably already

Well, in the midst of all the paper, pens, binders and backpacks, may we suggest you squeeze in a bit of time to **bring your** children to the dentist for a back to school check-up?

Think about it...vou rush around to get all the right supplies for your kids so they can start the school year off right. Have you ever thought that **starting the school** year off right also means making sure they start it in good oral health?

Amongst school-aged children in North America today, oral health has become one of the greatest health care issues. It may not get the same publicity as other health issues, such as childhood obesity.



Dr. David Lui **Dental Surgeon** 

But then, the problem of oral health care issues is not as quickly apparent to the naked eve.

Yet the two can be more closely linked than you think. Aside from insufficient physical activity, poor eating habits are a leading cause of childhood obesity. At the same time, if your kids are overindulging in sugary, processed foods they are not doing their teeth any favours either!

The reality is that dental care issues are one of the biggest reasons children miss time from school. The pain associated with tooth decay and gum disease is very real and can keep children at home. Kids who miss more class time

Even if the pain is not keeping your child home from school, any level of oral discomfort will likely affect your child's ability to concentrate. And poor ntration also leads to noor marks

And if tooth decay or gum disease are not problems for your child, perhaps orthodontics may be in the future. Discussing this with your dentist and starting treatment before school begins can help avoid missed class time

Also, keep in mind that with school comes hockey season...not to mention other sports your child may participate in through school, such as football. A sports mouth guard may be a wise suggestion to avoid damage to the teeth through some form of trauma

So start the school year off right by including a visit to the dentist to make sure they have a clean bill of dental health. By booking now, your dentist may still have the time to **deal with any** problems before the school year starts

That means you can be confident that your child is heading into the school year without the worry of missing classes. Because getting to class and achieving good marks in school are healthy habits...and healthy habits lead to healthy lives.

Dr. David Lui

#### **VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH**

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO	
am feeling sad and depressed			
am having difficulty sleeping			
l am feeling low in energy and slowed down			
My appetite has changed			
l am experiencing feelings of guilt			
l have lost interest in work and pleasurable activities			
feel hopeless about the future			
l feel tense and anxious			
l am having difficulty making decisions			
l am having trouble concentrating			



#### Ottawa Psychopharmacology Clinic **Smyth Medical Centre**

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10

#### **How We Met:** Michael & **Candice**

Names: Michael, 33, and Candice, 26

**Hometown: Vancouver** 

#### Together since: 2008

"I (Candice) worked as a manager for a poker company, and Michael was one of the owners of a venue that we rented ...

When I went to set up for a tournament, Michael was at the venue and he helped me unload some equipment.

I didn't see him again until months later, when we had rented his venue for another poker tournament. This time he had a friend with him and they both helped me unload the truck and set-up for the tournament.

I was blown away and thought that it was super nice of them. We had a few drinks and chatted afterward thought Michael was very hand-



some, but I actually ignored him a little because I assumed he was "a player" based on his good looks.

When I got home that night, I received a text message from Michael asking if it would it be in-appropriate to ask me out sometime, since we somewhat worked together.

I replied that if he had the guts to ask me out when he was sober, I would think about it.

He called me first thing in the morning to apologize for his late-night text and he did ask me out again - sober! Many dates and two years later, we're still together and I'm glad I didn't judge this book by

FOR MORE HOW WE MET STO-RIES, GO TO2FORCOUPLES.COM

### Beautiful to look at & eat

With fresh, ripe tomato varieties on the market, right now is the perfect time of year to serve your guests a delicious Roasted Heirloom Tomato Tart

#### **Preparation:**

- Line 2 rimmed baking sheets with parchment paper or leave ungreased; set aside.
- Cut red tomatoes crosswise into 1-cm (1/2-inch) thick slices. In a bowl. gently toss together red and yellow tomatoes, oil, garlic, salt and pepper; spread on one of the prepared pans, Roast in 200 C (400 F) oven until slightly charred and shrivelled, about 30 minutes Let cool (Makeahead: Refrigerate in airtight container for up to 1 day.)
- On lightly floured surface, roll out pastry into 25-cm (10-inch) square; transfer to second pan. Using fork, prick pastry at 2.5-cm (1inch) intervals all over; refrigerate for 30 minutes.



- Bake pastry in centre of 200 C (400 F) oven until light golden and puffed, 12 to 15 minutes. Let cool slightly.
- Lightly brush pastry all over with some of the egg; sprinkle with cheese, leaving 2.5-cm (1-inch) border, Arrange

red tomatoes in overlapping rows on cheese. Scatter yellow tomatoes over top; sprinkle with

Bake until golden and puffed, 12 to 15 minutes. Let cool for 5 minutes; cut into squares. Serve warm or at room

#### **Ingredients:**

- 8 red or striped heirloom plum tomatoes (about 625 g/1 1/4 lb)
- 250 ml (1 cup) yellow teardrop or cherry tomatoes (about 300 g/10 oz), halved lengthwise
- 30 ml (2 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 2 ml (1/2 tsp) salt 1 ml (1/4 tsp) pepper
- 1 sheet (from 450-g pkg) frozen butter puff pastry, thawed and cold
- 1 egg, beaten 250 ml (1 cup) shredded
- Gruvere cheese
- 10 ml (2 tsp) chopped fresh thyme or oregano (or 2 ml/1/2 tsp dried)

temperature, (Makeahead: Let cool, Cover and refrigerate for up to 1 day. Reheat in 180 C/350 F oven for 5 minutes.) THE CANADIAN PRESS



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# Take deep breath and dive right in

#### • Frosh week provides 'training wheels' for independence



The first week of university can be an overwhelming immersion in a new world, but experts say the best plan is to take a deep breath and dive in.

Adrian Lee, a Frosh co-ordinator at the University of King's College in Halifax,

Frosh by any

other name

While Canadians are

accustomed to the gender-

less term frosh, its roots

are from freshmen, the

term still used in much of

the U.S. In the United King-

dom and Ireland, scholarly

newbies are known as

South Africans starting

freshers

says you may be reveling in a new-found independence, but you should still listen to your frosh leader.

"The leaders have been there before and they know what's best and what it's going to take for you to have an optimal week orienting yourself to a completely new city and completely new friends," he says.

> their post-secondary education earn the more erudite nickname of learn-

- Swedish students humble first years with the term "nolla," which means zero, as in zero-year student.
- Australians cut to the chase with the vulgar acronym Jaffys. That stands for "just another freaking first year," only they don't say freaking.

It's also a great chance to meet new friends and set yourself up with allies for the next four years. While booze has a long, respected role in frosh weeks, Lee says not everyone wants to end up drinking beer out of a shoe. He was a quiet frosh and therefore terrified. It worked out well, and soberly, for him.

Denea Campbell, an orientation coordinator at the University of British Colombia, says the top three goals are meeting new students, getting prepared for class and getting involved.

At UBC, the critical frosh

At UBC, the critical frosh day is Imagine UBC, where a senior student offers groups of 12 new and returning students a vast amount of information about their campus and city.

It can seem overwhelming and hiding in your spiffy

new apartment may seem appealing, but Campbell says there will be lots of time to do that. There won't be lots of time to learn where the arts building is.

"I would recommend going to all of your classes — I mean, always go to class, but at least go on your first day and get the syllabus," she says.



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#### New course for pet lovers



If you love pets and working with animals, you might want to consider a career as a veterinary assistant.

Earlier this year, Algonquin College added the program to its growing roster of pet-related programs.

So far, the one-year program has been very popular, with 19 students registered, said program co-ordinator Shannon Brownrigg.

"The response is good for the first year of an off-cycle program," she said.

And for good reason — with the popularity of pets, the pet-related field is "growing exponentially each year," she said. "It's one of the Top 10 recession-proof industries in Canada.

"Why? Pets are perceived as children."



The veterinary assistant program includes grooming, lab animal and animal health business management components.

"There are many pet-related businesses and having these credentials is a huge added benefit," she said. "It gives ... the most flexibility."

There's a lot of demand for veterinary assistants in

Ontario, and Ottawa is no different, Brownrigg said.

"The number of pets in the home is growing every year, which means the clinics are growing all the time and the need for skilled staff is always growing," she said.

Graduates can do anything from start a doggie daycare business to enter a veterinary practice.



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Joakim Noah is discussing a contract extension with Bulls.

Red Wings and Tigers owner Mike Ilitch wants to buy the Detroit Pistons.

Teemu Selanne signed a one-year contract with the Ducks. THE ASSOCIATED PRESS





Polansky's upset thrills hometown fans at Rogers Cup

Canadian Peter Polansky has upset one of the top-ranked tennis players in the world.

The 22-year-old native of Thornhill, Ont., beat Austrian Jurgen Melzer in the first round of the Rogers Cup last night, grinding his way to a 7-6, 6-4 win in front of an appreciative centre-court crowd at Rexall Centre.
Melzer entered the Canadian
tournament ranked 15th in the world,
having appeared in the French Open
semifinal, and having earned more than
\$1 million US in prize money so far this
year. Polansky is ranked No. 207, with
earnings of \$27,052.

# Arbitrator says no to Kovie's deal

Arbitrator upholds NHL's rejection of Kovalchuk's 17-year, \$102-million contract with Devils
 Deal would have been longest and most severely tapered of 'front-end-loaded' contracts

Ilya Kovalchuk is an unrestricted free agent for the second time this summer.

Independent arbitrator Richard Bloch ruled in favour of the NHL's rejection of Kovalchuk's 17-year, \$102-million US contract with the New Jersey Devils.

Kovalchuk agreed to the deal with the Devils on July 20 but the league ruled later that night that the landmark contract, the longest in NHL history, violated the

salary can

The NHL Players' Association then filed a grievance disputing the ruling.

The NHLPA said in a statement issued yesterday it was "disappointed with the arbitrator's ruling to uphold the NHL's rejection of the contract between the New Jersey Devils and Ilya Kovalchuk."

The NHLPA added it was

The NHLPA added it was "currently reviewing the decision and will have no further comment at this time."

In a brief statement yesterday, NHL deputy commissioner Bill Daly said that Bloch's ruling is "consistent with the league's view of the manner in which the collective bargaining agreement should deal with contracts that circumvent the salary cap."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay \$95 million over the first 10 years, but only \$7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest \$6 million per year. The final five years would pay only \$550,000 per season.

Questions were also raised over term. It would end when Kovalchuk is 44, well past retirement age for most players. However, in recent seasons the league has not rejected similar front-end-loaded" contracts in a con-

"front-end-loaded" contracts in which the salary cap hit is diminished by adding extra years at relatively low pay. But none is as long or ta-

But none is as long or tapers so sharply at the end as that signed by the flashy Kovalchuk, the biggest name on the free agent market this summer.

THE CANADIAN PRESS

# Lowly Mariners fire trailblazing skipper

The last-place Seattle Mariners have fired manager Don Wakamatsu.

The team announced the dismissal of the major leagues' first Japanese-American manager hours before last night's game against Oakland.

Wakamatsu is the fifth

manager to be fired this season. Baltimore's Dave Trembley, Kansas City's Trey Hillman, Arizona's A.J. Hinch and Florida's Fredi Gonzalez also were dismissed.

Seattle entered the day 42-70, second to last in the AL. THE ASSOCIATED PRESS

#### Reds beef up outfield for playoffs

The NL Central-leading Cincinnati Reds got Jim Edmonds from the Milwaukee Brewers in a trade for Chris Dickerson yesterday, strengthening their outfield for a playoff

THE ASSOCIATED PRESS

# Raptors headed to jolly old England

The Toronto Raptors will lead the NBA's first regularseason excursion overseas.

NBA commissioner David Stern confirmed yesterday the Raptors and New Jersey Nets will play two regular-season games in London this season.

The teams will square off

March 4 and 5 at the O2 Arena. "The entire Raptors or-

"The entire Raptors organization is pleased to be representing the NBA in these historic regular season games in Europe," said Raptors GM Bryan Colangelo in a statement.

THE ASSOCIATED PRESS

#### Crossword

#### 1 Talon

5 Calendar abbr. 8 Movie pig

12

15

25

33

77

48

- 12 Gaucho's weapon
- 13 Judge Lance
- 14 Eye part 15 Gilbert's partner
- 17 Guys' companions
- 18 "CSI" evidence
- 19 Bite a bit
- 21 Streamlined
- 24 Conflagration
- 25 Home turf? 26 "Midnight in the
- Garden of Good and
- Evil" setting
- 30 Actress Gardner
- 31 "Nevermore" sayer
- 32 ld counterpart 33 Points of perspec-
- tive 35 Newman or Mc-
- Cartney
- 36 Responsibility 37 Blender setting
- 38 Palin territory
- 41 Melody
- 42 Works on 25-
- Across 43 Germane
- 48 Shrek, e.g.
- 49 Sphere
- 50 Great Lake 51 Piano array
- 52 Vast expanse
- 53 Holler

#### Down

- 1 Couric's network 2 Gehrig or Brock
- 3 Every iota
- 4 Thoreau's getaway
- spot

#### 8 London landmark 9 Speedy steed 10 Chelsea's dad

11 Being, to Brutus 16 Squid squirt

5 Prima donna

6 Greek vowel

7 Plots slyly

- 20 Persia, now
- 21 Czech or Croat 22 Volcano outflow
- 23 Actor McGregor 24 Most popular
- ones, for short 26 Giant cacti
- 27 In the neighbor

#### 41 Jessica of "Fantastic Four 44 Before

45 Exist 46 Zero

ΉL

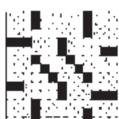
47 — Aviv

#### 31 File crosse



For today's crossword answers and for expanded horoscopes,

#### ➤ Yesterday's answer





40

17

75

4-1 4.1

24

52

35 Supply provisions

37 Chart format

39 Theater box

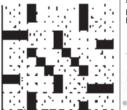
40 All messed up

38 Uncontrollable

hood 28 Malaria symptom

29 Golf goal

34 Hurls



#### Sudoku

			1	7	6	9	
7	6			3		2	
2		1	4		7		
5	3		9	2	4		6
4		6	3	8		7	9
		5		9	8		3
	2		6			5	7
	7	3	5	1			

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

9	7	2	0	3	6	1	5	j
3	4	5	2	1	9	7	6	j
ı	1	ō	7	4	5	8	2	j
5	2		1		3	4	3	Ī
t		3	4	5		2	7	ij
4	6	7	0	2	3	1	1	B
7	3	4	6		1	5	9	ij
6	8	t	5	9	2	3	4	H
2	5	9	3	2	4	0	8	Ę

# Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

To the person who found my Metropass on Gerrard Street and handed it into the TTC: A big, wet sloppy kiss of thanks! ROBYN

Glen, baby, I'm so lucky to wake up to you every morning and have your strong arms protect me every night. Love you hubby! XOXO MUAH! DAVID

CWBM - One year and two months. The best of my life. Having you has been the greatest gift I have ever received. I love you - more than yesterday, less than tomorrow.

ALWAYS, MARC

My dear Ruslan You mean a lot to me ... Even now. Kiss You. YOUR IROCHKA

I love you babe and can not wait till we are together again.

WILLIAM









#### Today's horoscope

#### T Aries March 21-April 19

Today's new moon will help you focus on what is truly important. This is potentially one of the best times of the year

¥ Taurus April 20-May 21 Get the balance right today. Spend some time helping a loved one overcome their personal problems, but also take advantage of an opportunity to move up on the work front.

#### II Gemini May 22-June 21

What takes place today may appear to have arrived out of the blue but in reality it has been building up for some time. Don't try to dodge the issue: Face up to the challenge and turn it into an opportunity. It can be done.

#### Gancer June 22-July 22

Among other things the current cosmic alignment will help break the deadlock in money situation could be better, but it could be worse!

Ω Leo July 23-Aug.23 A new moon in your sign means a new start is possible in whatneeds it most. You have much energy on things of no consequence.

your financial and business affairs, so don't lose heart. Your

ever area of your life you think wasted too much time and too

W Virgo Aug. 24- Sept. 22 You have the power to change your life for the better, but do you have the confidence to use that power? Show the world what you can do. Now!

#### ao to metronews.ca

major changes are about to take place, changes that will be to your benefit, but you will achieve more if you join forces with people who share your

> M Scorpio Oct. 24-Nov. 22 YOU need to wise up about something that, in all honesty, you have been a little naïve about in recent months. It's a tough

#### → Sagittarius

Nov. 23-Dec. 21 Everything may be going well for you at the moment but you know from long experience how quickly things can change, so put your own interests first and make sure you keep a little something in reserve — just in case.

り Capricorn Dec. 22-Jan. 20 You may want to believe that everyone is on the same side but as there are large sums of money involved you must not take anything for granted.

Aquarius Jan. 21-Feb. 18 A new moon in your opposite sign of Leo indicates that if you confront your emotions openly and honestly your most important relationship will move to a more enjoyable level.

H Pisces Feb. 19-March 20 You may be tempted to stick with what you know and trust and do things the way they have always been done, but the planets urge you to be more adventurous. A new approach now will bring big rewards later. SALLY BROMPTON

### Caption contest



You write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's





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#### Great Exuma via Toronto Augusta Bay • 3 1/2 ★

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#### Grande Isle Resort & Spa • 4★

Continental breakfast One-bedroom villa garden view Sept. 5-26 • 1 wk.

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#### Santa Clara

Occidental Royal Hideaway Ensenachos • 5 ★

Royal spa premium rm. Dec. 19 • 1 wk.

+Taxes & other fees (including service charges): \$222 Departure tax: 25 CUC cash, paid locally

#### **ANTIGUA** via Toronto

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#### SAINT LUCIA via Toronto

#### Coconut Bay Beach Resort & Spa • 4★

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#### JAMAICA via Toronto

#### Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm. Sept. 2, 4-25 • 1 wk.

+Taxes & other fees (including service charges): \$293 Please add \$50 for Sat. & Sun. departures

#### Gran Bahia Principe Jamaica • 4 1/2 ★

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#### **MEXICO**

#### Cancun/Riviera Maya Occidental Grand Xcaret • 4 1/2 ★

All-Inclusive Deluxe rm. Dec. 25 • 1 wk.

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